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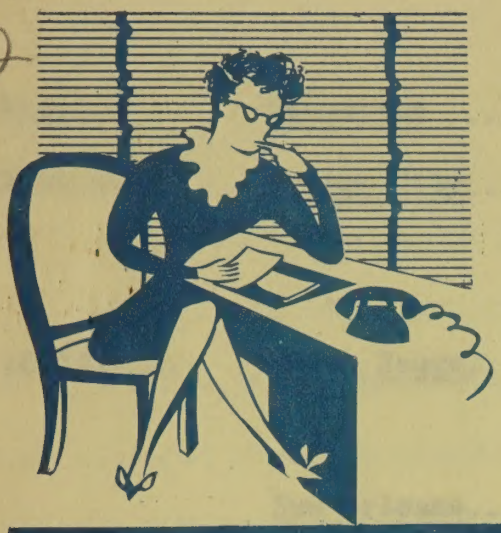

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Timely Topics for the Food Page Editor

November 4, 1946

BEST FRESH FOOD BUYS

Increasing movement of citrus fruits and beginning of carlot shipments of fall vegetables from south Texas areas gave several southwest items prominence on the Production and Marketing Administration's list of best fresh food buys this week. Among these are green beans and eggplant. First cars of fall carrots, tomatoes, and peppers also are on their way to market from Texas winter garden areas, to supplement supplies from other sections. Carload lots of cucumbers and beans are rolling out of Louisiana, lettuce from New Mexico. Local areas throughout the southwest are furnishing good quantities of mustard, turnips and greens, squash and pumpkins.

The weekly survey at key markets, however, showed Irish potatoes, onions and apples at the top of the best buy list, followed by cabbage and sweet potatoes.

"Best Buys" at key markets

ARKANSAS:	Jonesboro.....	sweet potatoes, apples, onions, cabbage
	Little Rock....	onions, Irish potatoes, turnips, lettuce, apples
	Pine Bluff.....	turnips, Irish potatoes, onions, apples, oranges
COLORADO:	Denver.....	apples, carrots, cauliflower, Pascal celery, table grapes, turnips, squash, Irish and sweet potatoes, onions

Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas

KANSAS: Manhattan .....apples, Irish potatoes, cabbage, carrots, lettuce

MISSOURI: Kansas City.....Kieffer pears, apples, pumpkins, squash, spinach, mustard, beets, turnips, leaf lettuce, celery, cabbage, parsnips, sweet potatoes, ripe and green tomatoes, onions

LOUISIANA: Baton Rouge.....Irish and sweet potatoes, onions, apples, Florida oranges, Louisiana green beans, lettuce, Louisiana greens and turnips

New Orleans.....tomatoes, Irish potatoes, onions

Shreveport.....oranges, grapefruit, Irish potatoes, carrots, onions, cabbage, greens

NEW MEXICO: Las Cruces.....Irish and sweet potatoes, onions, cabbage, turnips, lettuce, celery, apples, oranges, grapefruit

OKLAHOMA: Ada.....lemons, carrots, lettuce, celery, tomatoes, cabbage, Irish and sweet potatoes, apples

Enid.....Irish potatoes, apples, grapes, carrots, onions, turnips, cranberries, lettuce, celery, cabbage

Oklahoma City...apples, cabbage, cauliflower, grapefruit, grapes, lettuce, onions, Irish and sweet potatoes, pumpkins, squash

Tulsa.....onions, Irish potatoes, carrots, cabbage, turnips, radishes

Woodward.....sweet potatoes, cabbage, apples

TEXAS: Amarillo.....oranges, grapefruit, Irish and sweet potatoes, onions, apples

Austin.....Irish and sweet potatoes, onions, green beans, lettuce, eggplant, celery, mustard greens, rutabagas, Tokay grapes

Dallas.....Irish and sweet potatoes, onions, local squash, mustard and turnip greens, beans, apples

Fort Worth.....Irish and sweet potatoes, onions, cabbage, rutabagas, bunched carrots, mustard and turnip greens, bulk apples

Houston.....cabbage, Irish and sweet potatoes, carrots, onions, greens, peas, apples

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KANSAS: Manhattan ..... apples, Irish potatoes, cabbage, carrots, lettuce

MISSOURI: Kansas City..... Winter pears, apples, pumpkins, squash, spinach, mustard, beets, turnips, leaf lettuce, celery, cabbage, parsnips, sweet potatoes, ripe and green tomatoes, onions

LOUISIANA: Baton Rouge..... Irish and sweet potatoes, onions, apples, Florida oranges, louisiana green beans, lettuce, Louisiana greens and turnips

New Orleans..... tomatoes, Irish potatoes, onions

Shreveport..... oranges, grapefruit, Irish potatoes, carrots, onions, cabbage, greens

NEW MEXICO: Las Cruces..... Irish and sweet potatoes, onions, cabbage, turnips, lettuce, celery, apples, oranges, grapefruit

OKLAHOMA: Ada..... lemons, carrots, lettuce, celery, tomatoes, cabbage, Irish and sweet potatoes, apples

Enid..... Irish potatoes, apples, grapes, carrots, onions, turnips, cranberries, lettuce, celery, cabbage

Oklahoma City... apples, cabbage, cauliflower, grapefruit, grapes, lettuce, onions, Irish and sweet potatoes, pumpkins, squash

Tulsa..... onions, Irish potatoes, carrots, cabbage, turnips, radishes

Woodward..... sweet potatoes, cabbage, apples

TEXAS: Amarillo..... oranges, grapefruit, Irish and sweet potatoes, onions, apples

Austin..... Irish and sweet potatoes, onions, green beans, lettuce, eggplant, celery, mustard greens, rutabagas, Tokay grapes

Dallas..... Irish and sweet potatoes, onions, local squash, mustard and turnip greens, beans, apples

Fort Worth..... Irish and sweet potatoes, onions, cabbage, rutabagas, bunched carrots, mustard and turnip greens, bulk apples

Houston..... cabbage, Irish and sweet potatoes, carrots, onions, greens, peas, apples

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CITRUS ROUND-UP

With the fresh citrus season just getting under way, and canned citrus juices expected among the plentiful foods during November, a run-down is in order on some of the questions homemakers may be mulling over.

First, it's true that oranges and grapefruit are likely to become better buys as more from this year's large crop show up in retail stores. Second, the experts say it's all right to squeeze the juice ahead of the time it's used -- provided it's kept covered in the refrigerator to prevent loss of vitamin C.

Also, it doesn't matter which is used -- a hand reamer or a machine reamer -- as far as flavor and vitamin content are concerned.

And for the homemaker who finds the squeezing takes too much time, the experts suggest canned juice aerated to improve its flavor. "Aerate" simply means to put back into the juice some of the air that was taken out in the canning process. It's done by pouring the juice back and forth from one glass to another a few times before serving.

As far as food value's concerned, nutritionists say citrus juices may be left in the can they're bought in if the "cold-covered" rule is followed, but they'll taste better if poured into a jar or bowl.

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NOVEMBER PREVUE

November plentifuls are expected to include potatoes, onions, ice-berg lettuce, and cauliflower. Fruits looked for in abundance are pears, cranberries, dried peaches and canned citrus juice, say the Department of Agriculture's marketing specialists.

They attribute the abundance to unusually large crops, especially in the case of potatoes, onions, cranberries and pears. About 25,000 tons of dried peaches are expected, which would be much above average.

The experts also look for plenty of fresh and frozen fish, but not so much shellfish. Plenty of nuts, too, they say.

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MORE MEAT PRODUCED

Meat production in federally inspected plants the last week of October reached 484 million pounds. Marketing specialists of the Department of Agriculture figure this is 82 percent above output in the preceding week and 57 percent above the 309 million pounds produced in the corresponding period last year.

Biggest increase was in pork, which amounted to 222 million pounds of the week's output. The total also included 210 million pounds of beef, 28 million pounds of veal, and 24 million pounds of lamb and mutton.

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FOOD ORDER RESUME

Of the 170 war food orders in effect to assure fair distribution of the available food supply during the war, only about 25 remain. These deal with foods that are scarce, such as sugar and rice; or they regulate certain food imports, or assure that items will be made available to meet government's military or export commitments.

One of the latest food orders to be cancelled is the one controlling distribution of tea. It went out on October 30, leaving importation of tea in the hands of the tea industry, regulated only through import controls.

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BREAD BUYING NOTES

With revocation of war food order No. 1 (the "bread order"), enrichment of commercially baked white bread is no longer a Federal law. However, 18 states have legislation requiring bread enrichment and many bakers and millers in other states probably will voluntarily enrich their products. Before the war about 70 percent of the total supply was enriched. Nevertheless, homemakers should carefully read the labels on bread and flour to determine whether or not the products they buy are enriched.

WFO 1 also required a 10 percent reduction in the weight of bread and rolls to conserve flour. Now that the order is no longer in effect, homemakers may find

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Meat production in federally inspected plants the last week of October reached 44 million pounds. Marketing specialists of the Department of Agriculture figure this is 82 percent above output in the preceding week and 37 percent above the 203 million pounds produced in the corresponding period last year.

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BREAD MAKING NOTES

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larger loaves on the market again.

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MILK FIGURES

Supplies of evaporated and condensed milk have improved during the past three months. A recent report of the Department of Agriculture shows 600 wholesale groders had on hand 38.6 million pounds of evaporated milk and 600,000 pounds of condensed milk on September 30.

Condensed milk is in much better supply than it was a year ago, when stocks amounted to only 424,000 pounds, but we don't have as much evaporated milk. Last year's stocks on September 30 were 52.5 million pounds.

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EGG SUPPLY

Marketing specialists say supplies of eggs are now somewhat larger than last year. Reason is the record rate of withdrawals from cold storage, which offsets reduced production, now about 4 percent below 1945.

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STATISTICAL PROOF

Homemakers don't need to be told they've had less butter and margarine this year than in 1945. But just for the record, here's what USDA's marketing specialists say: creamery butter production per person is down about 10 percent, supplies of margarine about 15 percent.

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CANNED POULTRY TREND

More chickens and turkeys are headed for the pantry shelf in cans this year. During September (last figures available) about 6,633,000 pounds of chicken and 855,000 pounds of turkey put the total 57 percent above the same month a year ago and 16 percent above 1944, according to the U. S. Department of Agriculture.

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USDA'S STAKE IN NUTRITION

At the Outlook Conference in Washington recently, Robert H. Shields, Administrator of the Production and Marketing Administration, discussed the Department of Agriculture's interest in improved nutrition.

He said many phases of our national farm program reflect this interest. For instance, farm production goals and price support programs are based on the idea that a well-balanced supply of food leads to well-balanced meals.

Shields cited the school lunch program, industrial feeding, and direct distribution programs as methods of raising the nation's nutritional level through more even distribution of food. He said the Department's Home Food Preservation Program has been instrumental in establishing more than six thousand community canning centers which raise nutritional standards by keeping fruits and vegetables on the nation's table the year round.

Also, Mr. Shields said, the Department for more than 50 years has carried on research in nutrition and has done a great deal of educational work to spread knowledge of the principles of good diet.

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POTATO REMINDER

All-out emphasis goes on potatoes during the next few weeks. November 7-16 is an especially appropriate time to feature potato recipes and stress increased use and home storage. That's the date of the drive by the Department of Agriculture, producers and food handlers all over the country to get the biggest late potato crop in our history under cover for winter. You may want to refer to recent issues of PANTRY PATTER for food page suggestions. The issue dated October 21 contained a story on "Spud Storage"; on October 28 we sent you several recipe suggestions. We'll be happy to furnish additional information at your request.

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USED FATS NEEDED

The need for used kitchen fat is still very great. More meat now moving from slaughterers to butchers -- and on to the dinner table -- provides a potential source for increased amounts turned in by homemakers. Need we say more?

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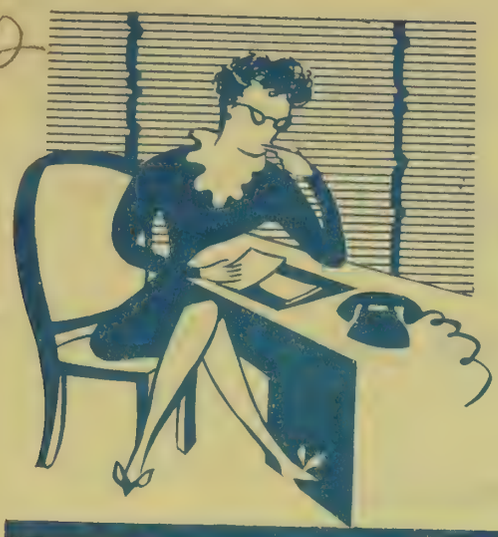

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Timely Topics for the Food Page Editor

November 12, 1946

FEB 17 1947
U.S. DEPARTMENT OF AGRICULTURE

BEST FRESH FRUIT BUYS

Heavy rains and snowstorms the first week of November cut down supplies of locally produced vegetables, which up to that time had been among the best buys on the market. However, the Production and Marketing Administration says plenty of stand-by items are still available. Choice selections at the present time are onions and Irish potatoes. Yellow onions are more plentiful than white ones in most markets. Sweet potatoes, cabbage and apples also are good buys. Increased offerings of citrus fruits put grapefruit and oranges in the popular group.

"Best buys" at key markets

ARKANSAS:

Jonesboro.....oranges, Irish and sweet potatoes, cabbage, home grown tomatoes, apples

Little Rock.....Irish potatoes, onions, grapefruit, cabbage, apples

Pine Bluff.....Irish potatoes, onions, turnips

Texarkana.....Irish and sweet potatoes, onions, cabbage, turnips

(more)

Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas

KANSAS: Manhattan.....apples, grapefruit, oranges, Irish potatoes, lettuce, celery, cabbage

MISSOURI: Kansas City.....cooking apples, grapefruit, oranges, cabbage, cauliflower, celery, onions, Irish potatoes, home grown vegetables

LOUISIANA: Baton Rouge.....Irish and sweet potatoes, onions, Florida oranges and grapefruit, Louisiana green beans, lettuce, celery, cabbage

New Orleans.....cauliflower, onions, tomatoes

Shreveport.....Irish and sweet potatoes, onions, cabbage, apples, grapefruit, oranges

NEW MEXICO: Albuquerque & Santa Fe.....turnips, carrots, celery, onions, Irish and sweet potatoes, apples, grapefruit

Gallup.....apples, squash, Irish potatoes, onions

Las Cruces.....onions, cabbage, carrots, squash, turnips, beets, apples, grapefruit, grapes

OKLAHOMA: Oklahoma City.....apples, cabbage, grapefruit, lettuce, oranges, Irish potatoes, tomatoes

TEXAS: Austin.....yellow onions, Irish and sweet potatoes, green beans, celery, mustard greens, rutabagas, Texas oranges and grapefruit, grapes

Dallas.....Irish and sweet potatoes, yellow onions, carrots celery, rutabagas, apples, Texas oranges and grapefruit

Fort Worth.....Irish and sweet potatoes, onions, cabbage, green beans, bulk apples

Houston.....Irish and sweet potatoes, cabbage, carrots, onions, greens, peas, apples

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GARDEN TALK

A national garden conference to make plans for 1947 has been called by Paul C. Stark, director of the National Garden Program, for Thursday and Friday, December 5 and 6. "Gardens for Food, Health and Good Living" will be the general theme.

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LITTLE RED BERRIES

It's cranberry time -- from now until the holidays are over, maybe longer. The supply is good enough to put these taste-tempters in the "best buy" class at many markets. Traditionally a sauce favorite, cranberries also are delicious served as jelly or jam, in muffins or steamed pudding, and as part of the fruit in mock cherry or mince pie.

Historically, cranberries are as American as the turkey they usually team up with. The Indians were using cranberries as relish with venison before the early New England settlers arrived. They showed the newcomers how to find and use the acrid swamp berries. Cranberry culture started in Massachusetts. Captain Henry Hall initiated it about 1810, when he transplanted some vines to his garden. After his notable success the culture spread to other centers. Now Cape Cod, first in output, produces about 70 percent of the world supply. Wisconsin, New Jersey, Washington, and Oregon come next.

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CITRUS LINE-UP

Texas grapefruit arrived at retail markets in quantity during the past week. Marketing specialists of the Department of Agriculture report prices at the wholesale level declined rapidly almost down to last season's low time. The fruit is riper than first offerings usually are, and the combination of good quality, increased supply and reasonable price makes grapefruit a very good fruit selection for budget-wise homemakers right now.

Juice oranges have slipped from a high to a low-priced fruit during the past week, the specialists say, with liberal supplies now coming from Florida and Texas. While the California Valencia oranges remain considerably higher than the Florida and Texas fruit, they also have declined considerably.

First carload of Texas tangerines for the season was reported during the past week.

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MORE MEAT PER DOLLAR

Meat production during the week ended November 2 fell back slightly from the high level of the preceding week but still was well above a year ago. Output in Federally inspected slaughter plants totaled 440 million pounds, of which 190 million was beef, 26.6 was veal, 202 million was pork, and 20.9 million was lamb and mutton.

Meat buying is no longer a matter of taking what is available. Homemakers once again can shop for the cuts that fit their pocketbooks. Many will buy the less tender meats because they're more plentiful and less expensive. Cooked long and slowly in a covered pan with water or steam, such cuts of beef make excellent pot roasts and stews; ground, they're the foundation for meat loaves, patties, croquettes, stuffed peppers, chili con carne, and similar dishes. With careful preparation to bring out the best in food value and flavor, homemakers can use these less tender cuts in many ways to stretch the food dollar.

Selection is easy, too. USDA's food specialists classify the less tender cuts of beef as follows:

Steaks: chuck, shoulder, flank, round, rump

Pot Roasts: chuck ribs, cross arm, clod, round, rump

Stews: neck, plate, brisket, flank, shank, heel of round

Homemakers who depend on the Federal grade to guide them will find these cuts in the Commercial and Utility grades. Grading, you remember, was compulsory during the war, but was put on a voluntary basis when meat prices were decontrolled. The service remains available to packing plants which request it.

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KEEP CONSERVING

Food conservation is still an important practice. The International Emergency Food Council made public recently a resolution emphasizing "the necessity of carefully husbanding food resources in all countries dependent upon food imports to maintain their populations and the urgency of conserving, in exporting countries, basic food commodities to meet world needs during the present crop year".

World supplies of all the basic foods are still far short of world demands, but the situation on cereals, fats and oils, and sugar is particularly serious.

"There has been too much tendency to look at this year's large production of wheat and to overlook the very large decline in stocks", the IEFC says. Also, unfavorable rice prospects more than offset the relatively small net increase in world wheat supplies this year.

In the case of fats and oils, world production available for consumption during 1947 appears likely to be just under 18 million long tons -- an increase of less than a million tons from which must be deducted the decrease that took place this year in world stocks.

World demand for sugar is still substantially in excess of even the moderate prospective increase in supplies so that continued international and national management, including rationing, seems to be essential.

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FISH STORY

In the fish department, emphasis remains on fresh and frozen kinds rather than on canned fish. A look at the supply situation shows why.

Though gradually increasing, the amount of canned fish available for domestic consumption on 1946-47 is expected to be 10 to 15 percent below the prewar level of five pounds for each person. This year's pack is about 7 percent below that of 1945. The decrease is largely in salmon which fell to the lowest level since 1922. Output of pilchards (California sardines) also is down. Only tuna was produced in larger quantity this year than last.

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[illegible]

In the fish department, economic pressure on fresh and frozen fish is higher than on canned fish. A look at the supply situation shows why.

Though gradually increasing, the amount of canned fish available for domestic consumption in [illegible] is expected to be [illegible] percent [illegible] not considered. [illegible] The decrease is [illegible] [illegible]. Output of [illegible] in larger quantity this year than last.

On the other hand, domestic production of fresh and frozen fish for 1946 is running slightly above last year. The amount for each person may not be as large because demobilization increased the civilian population, but supplies will be plentiful throughout the year.

Export demand will be filled largely with canned fish, of course.

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NUT NEWS

Nuts are coming up in the world. No longer are they just something extra to nibble on or to mix in sandwiches and candy -- though they're still good that way. But nutritionists now are recommending them for their food value as well as their delicate, delicious flavor. Most varieties are extremely rich in fat and have good quality protein. Nuts supply some minerals and vitamins, too. Nearly all are rich in phosphorous. Almonds and hazelnuts are outstanding for their calcium and iron, peanuts for their niacin.

This year's overall nut supply is big -- it's enough for a nut feast, in fact. Almonds and filberts will be especially plentiful this season. More walnuts than usual are in prospect. The peanut crop is large. Only pecans are expected to be in shorter supply than last year.

Look for imports, too. More Brazil nuts, cashews, and almonds.

The modern nut lends itself to quick, easy preparation. They shell quickly, and often reach the consumer ready to eat. For the homemaker who does her own shelling, here's a buying gauge. Figures show the amount of unshelled nuts which make one pound of kernels:

	(pounds)
Almonds	1-3/4 to 2-1/4
Brazil nuts	2
Chestnuts	1-1/4
Filberts	2-1/4
Peanuts	1-1/2
Pecans	1-3/4 to 2-1/2
English Walnuts	2 to 2-1/4

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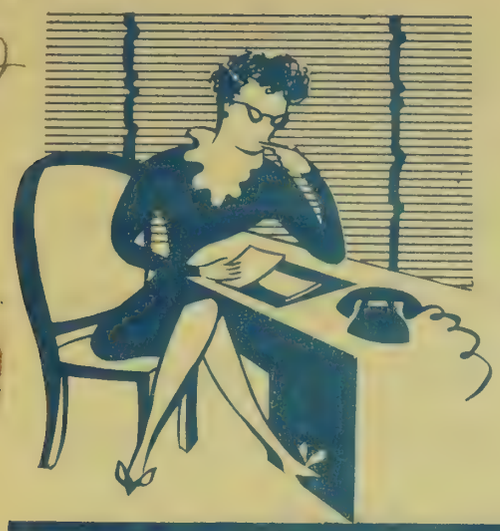

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Timely Topics for the Food Page Editor

November 19, 1946

BEST BUYS FOR THANKSGIVING

Big problem faced by homemakers in planning the traditional feast this year is not what to serve -- but how much it will cost. With prices trending upward, straining budgets demand that shoppers look for foods which provide the most good eating for the money. So this week, the Production and Marketing Administration expanded its usual survey of best food buys at key markets to cover the Thanksgiving menu from soup to nuts.

Marketing Specialists say there's plenty of turkey to grace every family table. Southwest farmers raised more birds than in the prewar days, though not quite as many as last year. Military purchases will be light, so consumers will get nearly all of this year's turkeys. Prices are attractive. High prices for other meats following price decontrol put turkeys in a favored position for holiday buying. For small families and small budgets, sometimes the butcher will cut a bird in two. It's worth asking about.

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Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas

Though no one will want to be wasteful, bread probably will be the most important ingredient of the bird's stuffing. End pieces from the new large loaves, available once more since revocation of the "bread order", can be saved during the week before Thanksgiving to provide the foundation for whatever recipe strikes the cook's fancy. It can be plain with poultry seasoning, onions and celery, or it can be apple, oyster or nut stuffing. Ingredients are in good supply, and most are reasonably priced.

Whether the homemaker bakes the bread she serves on Thanksgiving Day, or buys it, she'll want to be sure it's enriched to provide extra minerals and vitamins. Butter and margarine, with which to spread the bread, are in the less plentiful group at high prices, so they'll be used conservatively, with more emphasis on gravies and sauce.

If the homemaker knows her hen-fruit, eggs to go into the giblet gravy can be a bargain, even though this is the hibh-priced season. Secret is to compare prices of the different sizes and buy the egg which gives the most nutrition for the money. Right now, budget preference goes to small and medium-size eggs, which are more plentiful than the large sizes. From the standpoint of food value, the specialists figure medium-weight eggs are worth 61 cents a dozen when large eggs cost 70 cents, but recent prices for medium-weights averaged only 55 to 57 cents a dozen.

Only problem about the cranberry sauce this year is sugar to make it. The cranberries are plentiful, but they do want a lot of sweetening. However, they'll take honey or corn sirup, and there's also a popular recipe for uncooked cranberry relish that requires very little sweetening and makes use of oranges, which are now one of the best fruit buys on the market.

As for vegetables, first choice is Irish potatoes. A plentiful supply is available at reasonable prices. Whether they're baked or boiled, scalloped or

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creamed, or dished up some other way, they're just about the least expensive item for the Thanksgiving menu. Homemakers who prefer sweet potatoes will find good quality offerings, but they're neither as plentiful nor as low-priced as the Irishers.

Onions are still one of the very best buys on the market. They're more reasonable than any other item except potatoes; and their large, uniform size makes them an excellent candidate for a prominent place on the Thanksgiving menu. Creamed or glazed, they fit right into the vegetable course, or they can be chopped in the stuffing or mixed vegetable salad.

A fair variety of other vegetables is available, but none as plentiful or as economical as potatoes and onions. Selection will depend entirely on the homemaker's preference, and to some extent on the variety of offerings at her local market.

Carrots and cabbage are about equally good buys. Turnips and greens are still relatively low-priced and supplies are fairly plentiful, but quality suffered from recent weather damage. Some areas still have locally grown squash and green beans, but choice of local vegetables generally is much less than it was a few weeks ago. Spinach from south Texas is offered in fair quantities. First full carload was shipped last week.

Celery is plentiful, with a best buy rating equal to that of sweet potatoes, cabbage, and carrots -- good enough to put this crunchy flavor-favorite on the relish tray, as well as in the stuffing and salad.

Planning the salad course should be easy. Lettuce is a fairly good buy and should be more plentiful as movement from winter producing areas increases. Onions, celery, carrots, slivers of turnip, tender chopped greens, can team up for a mixed vegetable salad. If potatoes don't make the main course, they can certainly make the salad. But homemakers may want something on the fruity side. If so, there are plenty of apples, which combine companionably

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with celery, raisins, nuts, and so on. Nuts are plentiful too, although pecan lovers may have to take a substitute.

The Production and Marketing Administration says dessert should be the least of the homemaker's worry as she plans this year's Thanksgiving menu. It will have to be one that saves the sugar, of course, but it can be -- easily. If the homemaker wants pie, she can use honey or corn sirup for the sweetening, and take her choice of apple, sweet potato, pumpkin or lemon. But the best way to get around the sugar shortage is by using fruits.

Fortunately for the homemaker, shipments of grapefruit and oranges are now well under way, and prices went down during the past two weeks. Neither is still quite as good a buy as apples, but they are reasonable. Though not in the best buy class, enough fresh coconuts are available to make ambrosia a likely solution to the dessert problem. Fruit cups that combine oranges, grapefruit, apples and nuts are quite economical.

"Best buys" at key markets

COLORADO:	Denver.....	apples, Pascal celery, grapefruit, Emperor grapes, onions, Texas oranges, Irish and sweet potatoes, acorn squash, carrots
KANSAS:	Manhattan.....	Irish potatoes, apples, oranges, celery, tomatoes, lettuce
MISSOURI:	Kansas City.....	apples, Florida and Texas oranges, homegrown spinach, mustard, beets, turnips, green tomatoes, celery, cabbage, parsley, parsnips
LOUISIANA:	Baton Rouge.....	Irish and sweet potatoes, onions, oranges, grapefruit, apples, lettuce, celery, cabbage, Louisiana green beens, Louisiana cauliflower
	Shreveport.....	Irish and sweet potatoes, onions, turnips, greens, apples, oranges, grapefruit
	New Orleans.....	onions, grapefruit, Irish potatoes
NEW MEXICO:	Alamagordo.....	Irish potatoes, lettuce, carrots, onions
	Gallup.....	onions, Irish potatoes, apples

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OKLAHOMA:

Ada.....onions, Irish and sweet potatoes, peppers, cabbage, tomatoes, beets, turnips, carrots, spinach, cauliflower, celery, grapes, lettuce, cranberries

Ardmore.....oranges, grapefruit, Irish potatoes, onions

Enid.....Irish potatoes, celery, onions, tomatoes, cauliflower, apples, cranberries, carrots, turnips

Lawton.....Irish potatoes, cabbage, onions, cauliflower, carrots, parsnips, turnips, tomatoes, apples, oranges, lemons, grapefruit, grapes, bananas

McAlester.....Irish and sweet potatoes, mustard, turnips, carrots, cabbage, apples, onions

Oklahoma City...apples, cabbage, carrots, cauliflower, lettuce, onions, Irish potatoes, tomatoes

Tulsa.....grapefruit, oranges, spinach, Irish potatoes

TEXAS:

Amarillo.....grapefruit, Texas oranges, Irish potatoes, onions, apples

Austin.....Irish and sweet potatoes, onions, green beans, mustard greens, Texas oranges and grapefruit, celery, grapes

Dallas.....Texas oranges and grapefruit, apples, Irish and sweet potatoes, onions, celery, carrots

Fort Worth.....Irish and sweet potatoes, yellow onions, cabbage, carrots, bunched greens, Texas oranges, grapefruit, bulk apples

Houston.....Irish and sweet potatoes, cabbage, carrots, onions, greens, peas, apples

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MEAT PRODUCTION

Federally inspected plants produced 412 million pounds of meat during the week ended November 9. This was 6 percent below the previous week's output but 17 percent above a year ago. The total included 176 million pounds of beef, 22.2 million pounds veal, 17.7 million pounds lamb and mutton, and 196 million pounds pork.

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USED FATS NEEDED

The year's allocation of fats, oils and oil-bearing materials recently recommended by the IEFC adds emphasis to the great need for intensified fat salvage operations in the homemaker's kitchen.

Superseding previous interim recommendations made to facilitate shipping arrangements and provide for urgent current needs, this revision points up the wide difference between available world supplies and demand. Specifically, it shows import requirements of more than 4.6 million long tons for 1946 compared with supplies of less than 2.5 million.

So, the theme is "Keep on saving used fats", with special attention on holiday cooking and the increased meat supply as a potential source of greater amounts turned in from home kitchens.

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HARVEST BOUNTY

Harvest of 1946 crops is nearing completion, and the total is a record. Corn, wheat, potatoes, peaches, pears, plums, and truck crops are the biggest ever produced. Oats, rice, soybeans, peanuts, grapes, cherries and sugar beets are near-records. Only important food items below average are dry beans and pecans. The small cotton crop, however, reduces the outlook for vegetable oil.

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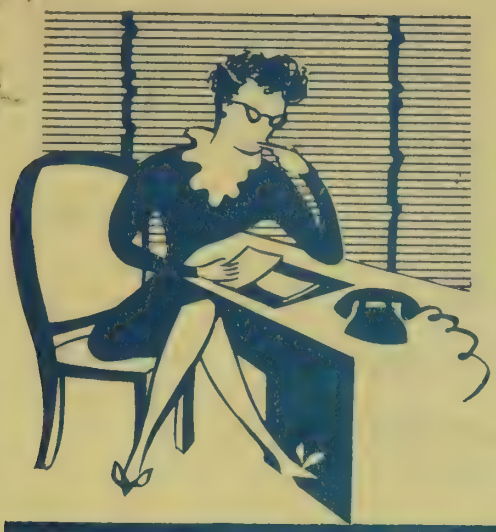

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Timely Topics for the Food Page Editor

November 25, 1946

BEST FRESH FOOD BUYS

Best buy spotlight this week goes on citrus fruits, according to the Production and Marketing Administration. Increasing supplies at reasonable prices put oranges and grapefruit in the class with apples for the first time this season.

Daily shipments from Texas are running around 100 cars for grapefruit and 10 to 15 cars for oranges plus 15 to 20 cars of mixed citrus. Although heavy movement started later this year, total carlot shipments of oranges and mixed citrus are now above the total to this date a year ago, and grapefruit is only about 200 cars behind. In addition, of course, some fruit moved by truck both years.

Best vegetable buy this week is Irish potatoes, with onions a close second. Other good selections include sweet potatoes, carrots and celery. Old crop cabbage is also a good buy and first of the new crop from Texas and Arizona is now available. Texas spinach is more plentiful to supplement supplies from other sections.

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Production and Marketing Administration, USDA
Information Service
425 Wilson Building
Dallas 1, Texas

Green peppers are a fair choice, and moderate quantities of relatively low-priced mustard, collards, turnips, squash and other locally grown vegetables are available.

"Best buys" at key markets

ARKANSAS:	Jonesboro	onions, Irish potatoes, oranges, apples, cabbage
	Little Rock	Irish and sweet potatoes, cabbage, onions, apples, grapefruit
COLORADO:	Denver	apples, loose carrots, Pascal celery, grapefruit, oranges, grapes, onions, Irish and sweet potatoes, squash
KANSAS:	Manhattan	Irish potatoes, cabbage, carrots, apples, oranges, grapefruit
MISSOURI:	Kansas City	homegrown squash, turnips, beets, leaf lettuce, spinach, mustard, shipped in celery, cabbage, Irish potatoes, rutabagas, onions, grapefruit, oranges, cooking apples
LOUISIANA:	Baton Rouge	Irish and sweet potatoes, onions, oranges, grapefruit, apples, cabbage, lettuce, celery
	New Orleans	oranges, grapefruit, Irish potatoes
	Shreveport	cabbage, onions, Irish and sweet potatoes, oranges, apples
NEW MEXICO:	Alamogordo	Irish potatoes, onions, carrots, peppers, cabbage
	Gallup	apples, bananas, grapefruit, Irish potatoes, onions
OKLAHOMA:	Enid	apples, grapefruit, Irish and sweet potatoes, onions, green beans, cauliflower, celery, carrots, turnips
	McAlester	Irish and sweet potatoes, carrots, mustard, grapes, apples, onions, cabbage
	Oklahoma City	apples, beans, cabbage, grapefruit, onions, Irish potatoes, squash, tomatoes

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TRYING:

Ambrosia.....grapefruit, lima orange, Irish potatoes, salmon, cole slaw, veal cutlets

Aurora.....Yams and sweet potatoes, Lemon grapefruit and oranges, celery, carrots

Dallas.....oranges, grapefruit, apples, Irish and sweet potatoes, lima beans, green pepper, celery, raisins

Fort Worth.....Lemon grapefruit, oranges, sweet potatoes, salmon, bell peppers, tart apples

Houston.....Irish and sweet potatoes, celery, carrots, onions, prunes, apples

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DRESS A TURKEY

For the housewife who finds a full-size turkey too large for her family, giving dinner, food specialists of the Department of Agriculture offer the following suggestions for cooking half a bird.

First, of course, pinfeathers should be pulled out, and hairs singed off over a flame. If it hasn't already been done, the head and feet should be removed, also the wing cut off at the first joint. Serve the bird with a wet cloth and a little cold water, rinse and dry thoroughly. The tail and leg should then be tied together, by turning a large needle threaded with clear white waxed cord through the side of the leg just above the foot, then through the base of the tail. The cord should be wrapped around the tail and leg and tied.

Placing the bird out side up on a table, sew up the loose skin at the neck, to form a pocket. After sprinkling salt into this pocket, pack it loosely with stuffing. Repeat the salting and stuffing process with the body cavity of the turkey.

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Then cut a piece of heavy greased paper (parchment paper preferred) to fit over the body cavity, and fasten it over the stuffing by lacing wrapping cord back and forth across the paper. Catch the skin on each side and pull it up to cover the edge of the paper. It's well to leave this paper in place when the turkey is served, and remove the stuffing from the hole made when the thigh is cut off.

The turkey should be roasted stuffing side down on a rack in a shallow pan, uncovered, and without water added. Brush it with melted fat and roast at 300 degrees F. After cooking for 1-1/2 hours, baste the bird with drippings, and continue this about every 45 minutes until it's done. Cooking time varies with weight, of course, but here's an example: A half turkey weighing 7 to 9 pounds will require from 4-1/2 to 5 hours.

Not all dealers are willing to split large turkeys, of course, but many will, and small families can save money by buying the halves. If the price per pound is the same or less, it might be more economical to buy half a large turkey in preference to a whole small turkey because the large half would provide a great deal more cooked meat.

MEAT SUPPLY

Meat production in federally inspected plants during the week ended November 16 totaled 393 million pounds--five percent below output in the preceding week but 19 percent above the corresponding period last year. The week's total included 176 million pounds of beef, 22.3 million pounds veal, 16.2 pounds lamb and mutton, and 179 million pounds pork.

Lard production fell back to 40.6 million pounds compared with 42.3 million the preceding week. A year ago only 28.6 million pounds were produced.

WHIP IT!

In time to add the finishing touch to Thanksgiving dinners, USDA last week canceled the food order which since July has banned the sale of whipping

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Then cut a piece of heavy creased paper (parchment paper preferred) to fit over the baby cavity, and fasten it over the stuffing by lacing strings (cord like and fasten above the tail). Place the bird in each side and pull up to cover the edge of the cavity. It's well to have this paper in place when the turkey is served, and never, the stuffing from the pan may show the thigh is cut off.

The turkey should be roasted stuffing side down on a rack in a shallow pan, uncovered, and without water added. Brush it with melted fat and roast at 300 degrees F. After cooking for 1-1/2 hours, baste the bird with drippings, and continue this about every 45 minutes until it's done. Cooking time varies with weight, of course, but hereto an average: A half turkey weighing 7 to 9 pounds will require from 4-1/2 to 5 hours.

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Meat production in federally inspected plants during the week ended November 16 totaled 177 million pounds--five percent below output in the preceding week but 17 percent above the corresponding period last year. The weekly total included 176 million pounds of beef, 22.7 million pounds veal, 16.2 pounds lamb and mutton, and 147 million pounds pork.

Lard production fell back to 40.6 million pounds compared with 42.3 million the preceding week. A year ago only 26.8 million pounds were produced.

WHIP IT!

In time to add the finishing touch to Thanksgiving dinners, cooks have well canvassed the food crisis which--now fully has passed the peak of wartime

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cream to consumers. Restrictions under the order applied to heavy cream with more than 19 percent butterfat. This cream was needed for butter and other manufactured dairy products, but the supply going for these purposes was limited by increasing demands for fluid milk and cream. As a result of the order, USDA's marketing specialists believe we've had several million more pounds of butter a month than we would have had without it.

Now, the order has served its purpose and the situation has eased. So, once more, there's whipping cream for the homemaker's table.

MILK BOTTLE CALL

Dairymen greatly need the help of homemakers to keep milk distribution at a high level, say marketing specialists of the Department of Agriculture. The reason is not so much a shortage of milk as of bottles.

New bottles are hard to get because of the scarcity of soda ash needed for glass making and the big demand for glass from other users. Also, the southwest does not produce enough bottles to supply all dairies, and transportation difficulties recently cut down receipts from other sections.

In contrast to the decreasing supply of bottles, demand for milk is rising. USDA recognized this when it set next year's milk production goal a billion pounds above 1946 output. Right now, with production hitting a seasonal low during the months when green feed is scarce, and demand 25 percent above prewar levels, every available drop of milk is needed if southwest milk drinkers are satisfied. This is another good reason why shortage of bottles must not interfere with distribution.

Cardboard bottles won't solve the problem for two reasons. First, the supply is limited and those available can make only one trip. Second, many dairies do not have the expensive machinery required for bottling milk in cardboard...nor have these paper bottles proved too popular for home deliveries.

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About the only solution--until production of glass improves--is for homemakers to make a special effort to return old bottles. The best way, of course, is to trade the milkman an empty bottle for every full one. Once they stack up, they're easily neglected. That's why many homemakers have several empties (on which were paid deposits ranging from three to five cents a bottle) loafing around the house instead of out delivering milk, where they ought to be.

These loafers will get back into circulation quickly (and the homemaker's deposit will be repaid) if they're returned to the milkman or sold to grocers and operators of soft-drink stands who handle milk.

EASY ON THE RICE

Rice probably won't go on the menu as often as we'd like for a good while yet. The quantity available for world trade in 1947 is expected to continue at current low levels. For a better idea of what this means, compare 1946 world exports of 2.2 million short tons with the 1935-39 average of 8.6 million.

It's true total world production for the 1946-47 season is larger than last year, but it's below the prewar average. The Office of Foreign Agricultural Relations estimates 6,900 million bushels compared with 6,300 million the previous season and 7,400 million before the war. Trouble is, many countries which normally export rice have small crops this year.

In this country, rice has been kept under price control after most other ceilings lifted, because we promised to allocate certain quantities to countries where rice is an important article of diet. Without control, the terrific competition for available supplies would force the price up.

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